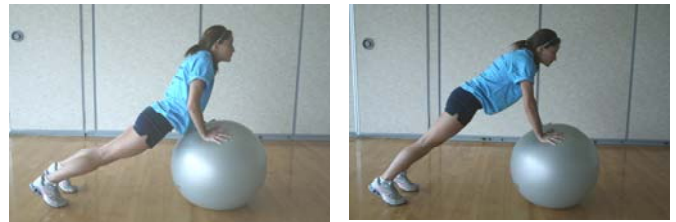


CORE TRAINING: COMBINATION ROUTINE (215 reps)

1. SUPINE PULL 2 x 10



5. BRIDGE FROM BALL 1 x 20



2. STABILITY BALL CRUNCH 2 x 25



6. DOUBLE LEG CURL FROM FLOOR 1 x 20



3. PUSH UP FROM STABILITY BALL 1 x 20



7. HAND-OFF CRUNCHES (med ball) 3 x 10



4. JACK KNIFE 1 x 15



8. TWIST & PUNCH (med ball) 20 right / 20 left



These exercises are intended for healthy populations and should not be taken as treatment for injuries unless prescribed by a health professional.